

10 Jumping Jacks	5 squats
10 Push Ups	Stretch your tricep for 30 seconds
Stretch your forearm for 30 seconds	10 sit ups
Yoga Pose	March in Place for 30 Seconds
Your Choice	Your Choice

10 side steps	5 walking lunges
Partner assisted chest stretch	High knee dynamic warmup
Wall Squat back to back with a partner 5 times	Tricep Dip on your chair 10 times
Elbow to high knee. Repeat each side 10 times	March in Place for 30 Seconds
Your Choice	Your Choice

<p><b>“Miss Mary Mack” with a partner</b></p> <p>Miss Mary Mack Mack, all dressed in black, black, black, with silver buttons, buttons, buttons, all down her back , back back</p>	<p><b>Hop on two feet 10 times</b></p>
<p><b>Hop on one foot 10 times</b></p>	<p><b>Pretend to jump rope two-feet together</b></p>
<p><b>Stretch your obliques</b></p>	<p><b>Stretch your calf muscle</b></p>
<p><b>15 Curl ups</b></p>	<p><b>Plank for 15 Seconds</b></p>
<p><b>Your Choice</b></p>	<p><b>Your Choice</b></p>

Hamstring Stretch	Jog in place for 15 seconds
10 Knee Lifts	Balance on one foot-Eyes Closed 10 seconds
10 jab/punches	10 sit ups
Butterfly Stretch	5 scissors (feet apart then cross in front, feet apart then cross in back)
Your Choice	Your Choice